

Rules for effective psychotherapy.

- ✓ We all come in with a heavy and difficult history. Let's be respectful of one another.
- ✓ You will not be mocked disrespected or criticized here.
- ✓ What is said in here stays in here.
- ✓ If I come here, I am committed to this process, I will stay even if it gets uncomfortable. Change is not always comfortable.
- ✓ I will stay in the room and come back even to therapy even when it gets tough. I am committed to my children and my family and will learn to work things through instead of leaving when it gets hard.
- ✓ Remember that you are not the problem. The problem is the problem.
- ✓ We all come here with the genuine *intention* of making things better.
- ✓ Please do not make promises that you cannot keep, this is hurtful to children. Only say what you know you can commit to.
- ✓ Words are like hands they can heal, they can caress and they can hurt, beware of your words.
- ✓ Let us talk one at the time and try not to interrupt.
- ✓ Own your statement and avoid criticism, judgment and insult.
- ✓ Use I language. "Say when you did that...I felt..."
- ✓ Avoid to talk about. Talk to.
- ✓ Avoid at all cost interpretation, this usually leads to unwanted results. Learn to be a master in phenomenological descriptions, (I see that , you do this, then I do that, is that an accurate description of what happened or do you see things differently).
- ✓ Ask what you need, what you want. You may be surprised.